

Randall Neustaedter

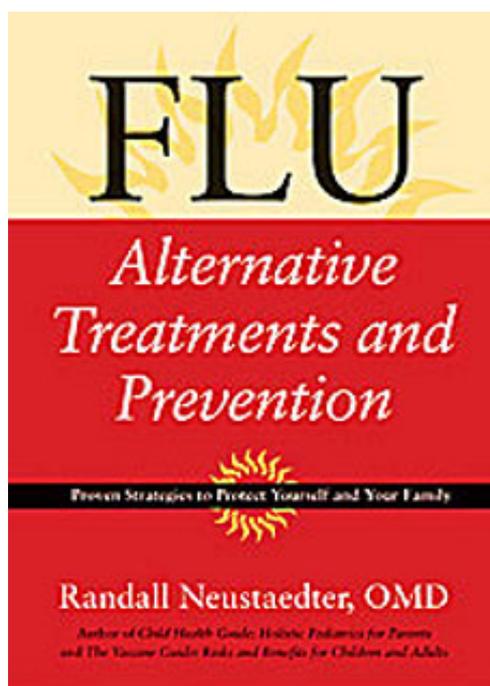
Flu Alternative Treatments and Prevention

Reading excerpt

[Flu Alternative Treatments and Prevention](#)

of [Randall Neustaedter](#)

Publisher: North Atlantic Books



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Preface

Every winter brings rain, snow, and the flu. Sometimes the flu season is mild; in other years it causes widespread debilitating illness, and periodically it rages with a force that proves devastating. The public feels helpless confronting another flu season, hoping for the best. Seniors and residents of nursing homes dread the possibility of an illness that can easily progress to pneumonia and dire consequences. Vaccination against the flu has been hailed as the primary and best preventive, but the shortage of flu vaccine in 2004 and the controversies surrounding the lack of effectiveness of vaccination have led many people to seek alternatives.

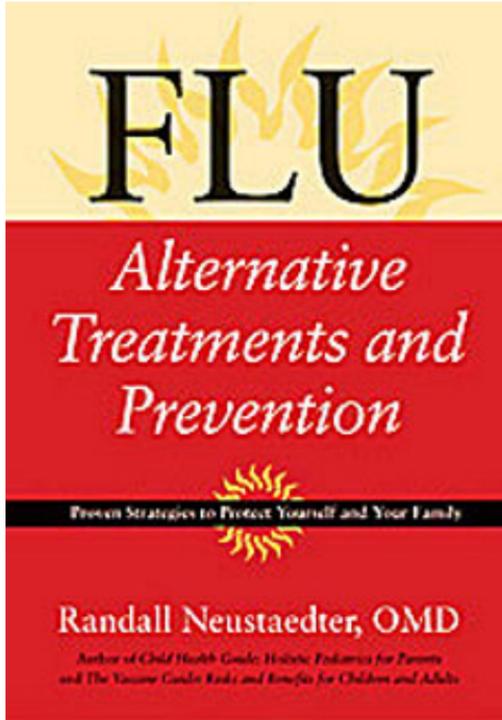
Fortunately, you can prepare for the flu season with effective prevention strategies. If the flu does strike, you can also treat the symptoms with safe alternative methods. This book will guide you to the most effective alternative strategies for managing the flu with appropriate professional care and treatment you can do yourself at home.

There is a great deal of fear of the flu generated by the media. Most of this fear stems from the inability of conventional medicine to treat the flu, or other viral illnesses, with any degree of success. Alternative medical practices,

FLU: Alternative Treatments and Prevention

by contrast, have accumulated a record of consistently effective treatments for the flu that also prevent complications. Homeopathy is especially successful at managing flu symptoms.

The first part of this book tells the history of flu, and describes flu symptoms and complications. There's also a discussion of flu vaccines and the vaccine shortage. Part II describes the alternative medical approaches you can use to treat the flu, and important measures you can adopt to build a strong immune system that will help you avoid the flu and its complications. In Part III you will learn methods for flu prevention and treatment in children. And Part IV will guide you to the best ways to increase immunity, treat the flu, and prevent the serious complications of the flu for adults and seniors. No matter what your state of health or your risk for complications, you need to know the best possible natural, alternative methods for handling the threat and dangers of this harrowing illness.



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128 pages, pb
publication 2005



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